



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01084, Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D

Report Date: July 05, 2017 03:44 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 246g	1 quart 984g
Proximates						
Water	g	88.74	28	0.028	218.30	873.20
Energy	kcal	48	--	--	118	472
Energy	kJ	203	--	--	499	1998
Protein	g	3.93	25	0.028	9.67	38.67
Total lipid (fat)	g	1.17	30	0.024	2.88	11.51
Ash	g	0.86	--	--	2.12	8.46
Carbohydrate, by difference	g	5.52	--	--	13.58	54.32
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Minerals						
Calcium, Ca	mg	142	--	--	349	1397
Iron, Fe	mg	0.06	--	--	0.15	0.59
Magnesium, Mg	mg	16	--	--	39	157
Phosphorus, P	mg	111	--	--	273	1092
Potassium, K	mg	180	--	--	443	1771
Sodium, Na	mg	58	--	--	143	571
Zinc, Zn	mg	0.45	--	--	1.11	4.43
Copper, Cu	mg	0.010	--	--	0.025	0.098
Manganese, Mn	mg	0.002	--	--	0.005	0.020
Selenium, Se	µg	2.5	--	--	6.2	24.6
Vitamins						
Vitamin C, total ascorbic acid	mg	1.2	--	--	3.0	11.8
Thiamin	mg	0.045	--	--	0.111	0.443

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 246g	1 quart 984g
Riboflavin	mg	0.192	--	--	0.472	1.889
Niacin	mg	0.100	--	--	0.246	0.984
Pantothenic acid	mg	0.373	--	--	0.918	3.670
Vitamin B-6	mg	0.050	--	--	0.123	0.492
Folate, total	µg	6	--	--	15	59
Folic acid	µg	0	--	--	0	0
Folate, food	µg	6	--	--	15	59
Folate, DFE	µg	6	--	--	15	59
Vitamin B-12	µg	0.43	--	--	1.06	4.23
Vitamin A, RAE	µg	61	--	--	150	600
Retinol	µg	61	--	--	150	600
Vitamin A, IU	IU	203	--	--	499	1998
Vitamin D (D2 + D3)	µg	1.0	--	--	2.5	9.8
Vitamin D	IU	40	--	--	98	394
Lipids						
Fatty acids, total saturated	g	0.728	--	--	1.791	7.164
4:0	g	0.038	52	0.001	0.093	0.374
6:0	g	0.022	68	0.001	0.054	0.216
8:0	g	0.013	89	0.000	0.032	0.128
10:0	g	0.029	89	0.001	0.071	0.285
12:0	g	0.033	89	0.001	0.081	0.325
14:0	g	0.118	88	0.003	0.290	1.161
16:0	g	0.308	88	0.007	0.758	3.031
18:0	g	0.142	88	0.003	0.349	1.397
Fatty acids, total monounsaturated	g	0.338	--	--	0.831	3.326
16:1 undifferentiated	g	0.026	71	0.001	0.064	0.256
18:1 undifferentiated	g	0.294	78	0.007	0.723	2.893
Fatty acids, total polyunsaturated	g	0.043	--	--	0.106	0.423
18:2 undifferentiated	g	0.026	74	0.001	0.064	0.256
18:3 undifferentiated	g	0.017	65	0.001	0.042	0.167
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
Cholesterol	mg	4	2	--	10	39

Amino Acids

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 246g	1 quart 984g
Tryptophan	g	0.055	--	--	0.135	0.541
Threonine	g	0.177	--	--	0.435	1.742
Isoleucine	g	0.238	--	--	0.585	2.342
Leucine	g	0.385	--	--	0.947	3.788
Lysine	g	0.312	--	--	0.768	3.070
Methionine	g	0.099	--	--	0.244	0.974
Cystine	g	0.036	--	--	0.089	0.354
Phenylalanine	g	0.190	--	--	0.467	1.870
Tyrosine	g	0.190	--	--	0.467	1.870
Valine	g	0.263	--	--	0.647	2.588
Arginine	g	0.142	--	--	0.349	1.397
Histidine	g	0.107	--	--	0.263	1.053
Alanine	g	0.136	--	--	0.335	1.338
Aspartic acid	g	0.298	--	--	0.733	2.932
Glutamic acid	g	0.823	--	--	2.025	8.098
Glycine	g	0.083	--	--	0.204	0.817
Proline	g	0.381	--	--	0.937	3.749
Serine	g	0.214	--	--	0.526	2.106
Other						